

Woman's Realm / Social and Personal / Fashions / Literature

That Body of Yours

By James W. Barton M. D.

INTEMPERANCE IN EATING IS DANGEROUS

A physician treating a patient for chronic bronchitis referred her to a heart specialist for examination. The heart specialist found her heart and blood pressure normal, but told her she was about 40 pounds overweight and that if she did not reduce her weight she might easily develop heart and blood pressure symptoms.

Notwithstanding that our insurance companies are warning policyholders of the great dangers from overweight—brain stroke, heart stroke, kidney disease—many physicians do not take to their patients about these dangers and fail to outline a diet to be followed. Physicians warn of the dangers of alcohol and tobacco, and the dangers of sex, but do not warn of the intemperance of overeating.

A recent report of a large insurance company carries the interesting information that about 10 times as many applications for insurance were rejected on account of indications in eating with resulting overweight, as are refused because of the abuse of alcohol.

While perhaps five cases of overweight in every 100 may be caused by lack of gland juice—thyroid, pituitary, sex—in the other 95 the cause is overeating. As the one outstanding reason why these individuals become overweight is because they like food and eat too much of it, which makes them like exercise even less, cutting down on the food intake is or should be the first thought in reducing weight.

The ideal method of reducing is to eat less and exercise more. Unfortunately, as exercise increases the desire for food some overweight individuals actually increase in weight when they exercise.

A simple method of reducing embraces four rules. 1. Cut down by one-half on all starch foods—sugar, potatoes, bread, pastry. 2. Cut down by one-half on all fats—butter, cream, fat meats, nuts. 3. Cut down by one-half on all liquids—water, milk, tea, coffee, soft and hard

Living & Leisure / THE WOMAN'S REALM

NIGHTHAWK, NEW MOON AND EVENING STAR

The bird came hurtling down with sound of thunder. Between new moon and evening star, and filled the boy with wonder. Such a sight he had not seen before, perhaps would never see again.

But now he saw it turned—How high the bird went and how ecstatically it flared. To fall—on one side the gleaming star, the moon burned on the other. He stood there listening to that thunder echo in the evening air.

And what he had seen once, he saw again, and suddenly he knew his joy and awe.

Were there because this strange dark bird was his alone—Something to last longer than all years yet his to own.

—August Derleth—(In The Lyric)

LOVELY TO LOOK AT

NEW YORK — Lovely to look at in a Fall millinery show were little twisted satin turbans with pert feather brush, wide and shallow beige bicorne with beige to brown wings sweeping out to new width as abruptly and as beautifully as the wings of an eagle, a coupe satin bonnet with rounded front and cut off back, and a beaver with high folded crown and swaggy brimmed hat of beige dash in every line.

BENGLINE TOPPER

NEW YORK — A dark colored bengaline topper has a matching thin wool skirt and wool cardigan in bright colors for daytime. The same topper may be worn for evening with formal gowns.

COLOR EFFECTS

NEW YORK — Some girls work out interesting color effects for tennis in socks, scarfs, eye shades and any other possible accessories, while many of the professional's sponsor the all white costume complete to socks and handkerchiefs. It's a matter of choice, as there are far fewer rules on dressing for the game than for playing it.

HIGH FASHION EVEN IN TENNIS DRESSES

NEW YORK — High-fashion touches distinguish many of the tennis dresses such as the hand-knitted neckband and sleeve caps that Clarepotter puts on a stark white linen tennis dress. She manages a trim look and excellent fit with simple lines and complete lack of trimming or other detail.

Tina Leser uses white rayon sharkskin, pleating the skirt section and giving plenty of room for action in the bodice through with cleverly placed under shoulder pleats. White is the favorite with most of the makers, and nearly all tennis dresses have their own matching shorts or panties.

DOROTHY DIX SAYS—

Widows Preferred

Figures Reveal Men Partial To Women Who Have Married Before

I have a letter from a group of young girls who say: "We are teenagers, approaching the marriageable age, and we are much concerned about the reported man shortage, which apparently puts husbands in a far better chance, unattainable by all but the lucky few. Naturally we had hoped to marry, so it is very depressing to us to learn that wedding rings are so hard to come by, and we would like to know what our chances are of ever getting one."



"Are there any statistics that show whether it is easier for men to marry than women? Do widows marry oftener than widowers? Are young girls more likely to get husbands than their older sisters? Do men consider divorcees a preferred matrimonial risk? In a word, what is the matrimonial score for both men and women?"

Well, girls, fortunately for you, Uncle Sam has just been collecting statistics on the marriage question and here is the official dope: He says that men find it easier to get a wife than women do to get a husband. This is easily understood because men seat and wait for some man to come along and pop the questions, which inevitably cramps their style.

Also, it appears that men's taste in matrimony runs to widows, whether grass or sod, and that a woman who has had one husband has the woman of the same age and pulchritude has. This may be accounted for on two grounds. One is that a widow has cut her wisdom teeth on (Continued on Page 3)

Better English

D. C. Williams

1. What is wrong with this sentence? "The whole of the congregation sang."
2. What is the correct pronunciation of "Saskatchewan"?
3. Which one of these words is misspelled? Paraphernalia, parenthesis, parliamentary.
4. What does the word "abnormal" mean?
5. What is a word beginning with eff that means "impudence"?

ANSWERS

1. "The entire congregation" is preferable. 2. Pronounce ka-ska-chee-won, both a's as in at, e as in me, unstressed, o as in on, accent second syllable. 3. Paraphernalia. 4. Not according to rule; unnatural "He was a man of abnormal strength." 5. Effrontery.

ROYALTY TOMBS

The remains of all the Polish kings from Wladyslaw Laskelck, who died in 1373 to August II, who died in 1733, lie in the crypt below the Polish cathedral in Wawel.

Modern Etiquette

By Roberta Lee

Q. When visiting people whom one does not know very well, should the host or the guest suggest retiring for the night, and about what hour should the suggestion be made?

A. Either the host or the guest may make the suggestion, probably between ten and eleven P. M.

Q. Should soft-boiled eggs be beaten with a spoon?

A. Yes; if served in an egg cup they may be beaten from the shell with the spoon; or if you wish, break the egg in two, scoop the contents into an egg-cup and eat with a spoon.

Q. When dinner dancing in a hotel, should a girl check her wrap or leave it over the back of her chair?

A. She may leave it on the back of her chair if she wishes.

WHEN THE DAYS ARE WARM and so are you... relax and think of the cool, fresh perfection of the waterily... of its smooth white petals glistening with tiny drops of water. Now light a SWEET CAPORAL CIGARETTE... note its clean, fresh taste—the result of "quality testing" from plantation to you! Refreshing, isn't it? This is because SWEET CAPS are perfected for your smoking satisfaction by a new post-war scientific process—"Perfection Check"—and the delightful result is Perfection in Freshness, in Smoothness, and in Taste!

Household Scrapbook

By Roberta Lee

Frying

For deep fat frying, most foods are coated first with flour and then with egg and bread crumbs. Fritters are protected by their egg contents so they may be dropped directly into hot oil. Potatoes may be put into fat without coating.

The Laundry

In order to save space when the laundry must be dried in the cellar, try hanging the dresses, nightgowns, and underwear on coat hangers. They will also dry more quickly.

Watermelon

Watermelon will keep fresh for two or three days after it is cut if waxed paper is placed over it.

Morning Smile

"When does the next train go?" inquired a prospective passenger. Upon being advised, she again asked, "Isn't there one before that?"

"No, replied the testy agent, "there is no train before the next train!"

TAKE IT OR LEAVE IT

One of the duties of a college administrative officer is to write letters of recommendation. Once one of these administrators was at a loss to know what to write concerning a doubtful applicant. A retired faculty member suggested that he write as follows:

"Dear sir: When you come to know the applicant as we know him, you will come to appreciate him as we appreciate him."

Ellen's Diary

By an Island Farmer's Wife

Last evening a balmy June wind was sighing rather mournfully in the lawn tree tops when the family returned from the last of the planting at the other farm. I invariably find a little sadness, and some regret in a wind such as that one which moaned fretfully in its high passing. Sadness for what, I have not yet been able to discover—perhaps for fleeting yet purposeful childhood years or other lost days that may not now return or it may be its sigh reminds me of the friends we once knew and enjoyed now departed or moved away or for the many other scenes, precious now that they return poignantly from past years. The regret must be that younger days do not afford humans the light of later ones. "If we had known" we say sadly and remember we had not given the sympathy, the interest, the encouragement, we might easily have lent to fellow travellers along life's way.

"Shure an' if we had known t'everything" Pat used to tell me, when on one of his "kayleys" we would discuss the like "we'd have lived our lives in just the same way—only not nearly so well 'p'p'p. Certainly not if left to ourselves. Kinder?" Pat would consider this "we mate intend to, but then we'd get so busy an' wrapped up in our own affairs we'd be after forgettin' our good intentions and on the other hand it's a great thing for the lake av us" Pat would say "when a man is feelin' blue an' near to the end av his lether that The Good Man above takes the cards from a person's hands an' plays them Himself. An' sometimes intade when we think we're ridin' on top av the world He does the same thing an' shows us where we were astray. But at any rate He plays to win for us. An' there you are, Ellen! It's a quare old world" Pat would say, and the richness of his brogue alone would inspire me. "Yes, it is Ellen" he would continue, perhaps tapping (Continued on Page 3)

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman



Here's a cucumber-cool buyword to make hot-weather tempers disappear faster than you can say "Fresh Up"! You've guessed it, of course... it's smoothly delicious SEVEN-UP—that delicate, lemon-like drink that just can't help but be a family favourite! You'll like it—it will like you, there's a world of good cheer in every cool, green bottle of SEVEN-UP! Believe me, it's a complete thirst-quencher on the hottest of days... serve it with meals and between meals. There's a "fresh up" for you at any store displaying a SEVEN-UP sign!

WHEN THE DAYS ARE WARM and so are you... relax and think of the cool, fresh perfection of the waterily... of its smooth white petals glistening with tiny drops of water. Now light a SWEET CAPORAL CIGARETTE... note its clean, fresh taste—the result of "quality testing" from plantation to you! Refreshing, isn't it? This is because SWEET CAPS are perfected for your smoking satisfaction by a new post-war scientific process—"Perfection Check"—and the delightful result is Perfection in Freshness, in Smoothness, and in Taste!

ARE YOU "LABEL CONSCIOUS"? You couldn't be wiser than to buy by the label... for behind a label are skill—quality—research invested for you—the wiser buyer. The VINYLITE label is a sure indication of excellence in plastics... you know they're right when they're VINYLITE Plastics! The VINYLITE label means plastic handbags—or raincoats—or shoes... look for the VINYLITE label! And to know your VINYLITE Plastics better—simply write to me, Barbara Brent, Dept. B, 1411 Crescent St., Montreal, P.Q., for your free copy of "The Story of Vinylite Plastics."

A BIGGER PAY CHECK will be coming next pay-day... because the reduction in your husband's income tax will be effective! What a wonderful opportunity to open a Savings Account in the BANK OF MONTREAL... with that income tax saving! Think of the increase in something extra to use in your design for living... money in the bank for a rainy day. Talk it over with your husband... he'll be proud of your wise way with money! Wisely, you won't want to let the money slip through your fingers! Wisely, you'll open a Savings Account with our nearest branch of the B of M! That income tax saving is money in the bank if you're smart!

Summer Colours in your Cottage! Key your summer cottage to the freshness and gaiety of the season... bring nature's own summer colours right inside with DUROLAVE, the famous Oil Bound Washable Water Paint! For DUROLAVE, made by the Crown Diamond Paints Company, Limited, comes in a wonderful variety of pastel shades—gay as sunshine—cool as foliage! It's made to a new formula that makes it easier to mix—it's odorless when wet or dry and it dries in less than an hour, leaving no brush marks! Easy and inexpensive to apply—small wonder it's a best-selling paint the world over!

How Can I!!

By Anne Ashley

Q. How can I avoid searching through the entire grip for articles needed when traveling?

A. When packing the grips for a trip, label heavy manila envelopes with the names of the articles they contain, such as ties, handkerchiefs, washrags. This will avoid searching through the entire grip for articles needed.

Q. How can I make a jolly bag holder?

A. Saw off the back from an old kitchen chair, invert the chair, place the vessel inside and tie the bag to the four inverted legs.

Q. How can I stiffen fine lace after laundering?

A. Use two lumps of sugar to a basin of water, instead of starch. It will make a much better body.

viously baked lower crust, covering it well.

Place in a moderate oven (350 deg. F.) and bake for about 20 minutes. Cut in squares which, slightly cooled, but still warm.

Cook's Corner

By Anne Ashley

Bottom Layer

1/2 cup butter
1/2 cup brown sugar
1/4 cup flour
METHO: Cream the butter and gradually add the brown sugar. Blend in the flour and press the mixture over the bottom of a square pan. Bake in a moderate oven (350 deg. F.) for about 15 minutes, or until delicately browned.

Top Layer

2 eggs
1 cup brown sugar
1/4 teaspoon vanilla
1/4 teaspoon salt
1 cup delicate coconut
1 cup even puffed rice cereal
1 cup chopped nuts

METHOD: Beat the eggs until light and lemon colored, and then gradually beat in the sugar. Now add the vanilla, salt, coconut, rice cereal, chopped nuts, and mix well. Drop by spoonfuls over the previously baked lower crust, covering it well.

Place in a moderate oven (350 deg. F.) and bake for about 20 minutes. Cut in squares which, slightly cooled, but still warm.

Needlecraft FOR THE HOME

EASY DOES IT

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No. 2146 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32. Size 26 requires 3 1/2 yards 36-inch.

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You'll be delighted at Dreft's gentleness to stockings! Dreft suds leave no soapy film to heavy-up hose and cloud their beauty. Colors stay fresh far longer than with any soap you ever used! What's more—nightly Dreft-washing prolongs stocking life—gives noticeably longer wear!

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No Streaks! Dreft's amazing suds rinse clean and clear—leave no greasy streaks or cloudiness on dishes the way all soaps do. Even glasses sparkle without touching a towel to them. And Dreft suds are gentle—kind to hands!

dreft GIVES YOU 5 TIMES MORE SUDS THAN ANY SOAP IN HARDEST WATER

• No Soap-Fading! Now you can wash stockings, lingerie, woollens—knowing that with Dreft there's no soapy film to cause soap-fading!

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